



Diabetes Prevention and Management

Why is this program important to Iowans?

Prediabetes is a condition when a person's blood glucose levels are higher than normal, but not high enough to be considered diabetes. An estimated nine in 10 adults with prediabetes don't know they have it, including many Iowans. Type 2 diabetes can be prevented or delayed through evidence-based and cost-effective diabetes prevention programs.

Diabetes is a disease in which blood glucose levels are above normal. When you have diabetes, your body either doesn't make enough insulin or use its own as well as it should. Approximately 10% of adult Iowans have been told by a doctor that they have diabetes.

Risk factors for diabetes include increased age, lack of physical activity, a family history of diabetes, certain socioeconomic conditions, obesity, and certain races and ethnicities.

Diabetes self-management education can help patients gain knowledge and skills to modify lifestyle behaviors and self-manage the disease.

Did you know?

One out of 10 people have diabetes, and one out of three people have prediabetes.

A focus on health equity

Access to [CDC-recognized lifestyle change programs](#) for people at high risk and [diabetes self-management education and support programs](#) for people with diabetes is important. Current work focuses on access, participation and insurance coverage for these programs in targeted areas of the state with populations at high risk for, or with, chronic disease.

What does the department do?

- Provides education about diabetes prevention and management through training for health care providers.
- Provides [educational materials](#) for communities, health care providers and diabetes self-management education programs.
- Promotes [awareness of prediabetes](#) and the evidence-based National Diabetes Prevention Program. As of April 2020, 2,806 people have participated in diabetes prevention programs around Iowa.
- Promotes [awareness of diabetes](#) and evidence-based diabetes self-management education. Certify community-based outpatient diabetes self-management education programs for Medicaid and other third-party reimbursement. In 2019, there were 16,825 patient encounters with diabetes self-management education programs across the state.
- Maintain [involvement with lifestyle coaches, diabetes care providers and educators statewide](#).
- Monitor, evaluate and report diabetes-related [data](#).
- Promote and support [Better Choices, Better Health](#), an evidence-based, community self-management program for people with or at-risk for chronic disease.



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What can Iowans do to help?

Iowans can make sure they know their prediabetes or diabetes status and potential risk by talking to their health care provider.

Health care providers can screen and test their patients for prediabetes and refer eligible patients to diabetes prevention programs.

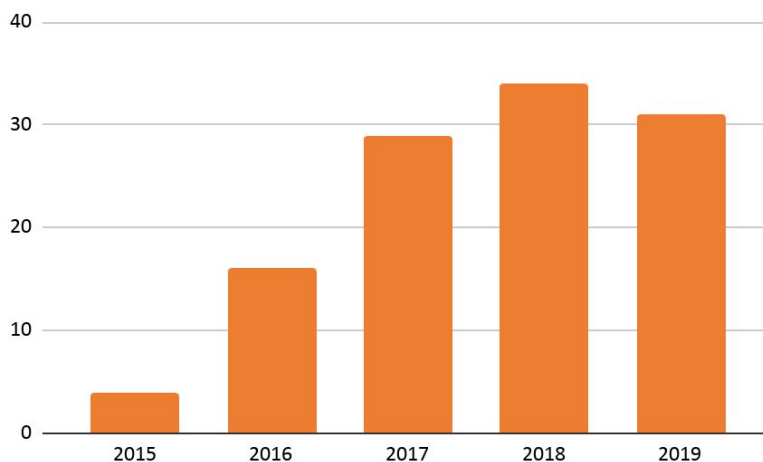
Providers working with people with diabetes can refer them to an outpatient diabetes self-management education program.

Iowans can reduce their risk for Type 2 diabetes by being active most days, not using tobacco, eating healthy and being at a healthy weight. For someone with diabetes, strict control can prevent or reduce complications including heart disease, stroke, kidney disease, blindness and amputations.

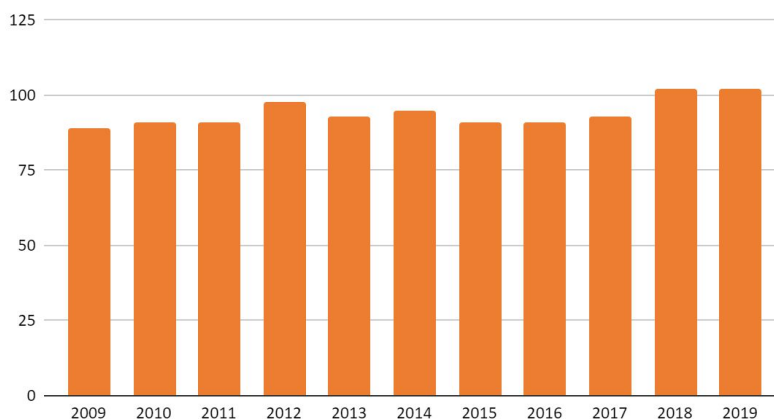
For more information, visit the [Diabetes Prevention and Management web page](#).

How do we measure our progress?

Number of diabetes prevention programs in Iowa



Number of state-certified outpatient diabetes self-management education programs



Resources

| | SFY 2018 Actual | SFY 2019 Actual | SFY 2020 Estimate |
|--------------------|--------------------|--------------------|----------------------|
| State Funds | \$0 | \$0 | \$0 |
| Federal Funds | \$739,723 | \$679,824 | \$891,367 |
| Total Funds | \$739,723 | \$679,824 | \$891,367 |
| FTEs | 4.08 | 2.76 | 3.36 |